

PLAYSCHOOL **FOR GUARDIAN & CHILD**

Mom, Dad, Grandparent, or adult sitter can come and interact with our new Playschool program. The class will be filled with playtime, arts and crafts, stories, and music. These fun and interactive activities are to help children learn to share and listen. Colors, numbers and the alphabet are all introduced. Above all, you and your child can spend time together and enjoy an hour of happy times for both of you. All materials will be provided.

6 weeks

AGES: 2 to 4 years **with Adult**
 DATES: Sept. 26 to Oct. 31
 Nov. 7 to Dec. 12

DAY: Wednesday
 TIME: 9am to 10am or
 10:15am to 11:15am


SITE: Park & Recreation Office
 9350 Hack St. Bldg. 2

MIN/MAX: 5/10 per class
 FEE: \$20 St. John residents
 \$22 non-residents

WADO-KI KARATE

Little Dragons: AGES 4-6

Karate: AGES 7-ADULT

 Sensei Roger Jerome (9th Degree Black Belt) and Dotty Jerome (7th Degree Black Belt) have developed the Wado-Ki style of Karate for all ages to learn, master and enjoy.

Improve your coordination, discipline and self-assurance while staying fit and strong. **This is a yearlong program in 7-week sessions.**

DATES: Oct. 23 to Dec. 18
 [No class 10/30 & 11/20]

DAY: Tuesdays [7 weeks]
 TIMES: Both Classes at:
 6:00pm to 6:45pm

SITE: Schererville Community Center
 500 Joliet Street, Schererville

MIN/MAX: UNLIMITED
 SESSION FEE: \$45 St. John Residents
 \$49 non-residents



Soccer for children ages 2-8

Soccer Shots is an engaging children's soccer program with a focus on character development. Our caring team positively impacts children's lives on and off the field through best-in-class coaching, curriculum and communication.

8 weeks

DATES: Week of August 27 to Oct. 22
 DAY: Monday or Thursday
 SITE: Heron Lake Park 11960 Osage Dr.
 TIMES & 9am-9:30am – Mini (2-3)
 AGES: 9:45-10:15am – Classic (3-5)
Premier class: Ages 6-8 Tues. 5:45pm-6:30pm or
Sat. 9:15am to 10am

MIN/MAX: 5/20
 FEE: \$100 + \$20 annual registration
YOU MUST REGISTER ONLINE ONLY AT:
www.soccershots.org/northwestindiana

CSRI

Cooperative Special Recreation Initiative

CSRI has four fall programs for special needs patrons. Call ahead for information and details.

TOUCH A TRUCK Sat. Sept. 8. 9am to Noon
 Crown Point Parks: 219-661-2271

HALLOWEEN PARTY Sat. Oct. 20, 4-6 pm \$5 fee
 Schererville Parks: Call: 219-865-5530

HAYRIDE [wheelchair accessible]
 Sat. Oct. 21, 12-2:30 pm Limited Space.
 Oak Ridge Prairie County Park, Griffith
 Lake County Parks: Call: 219-769-PARK

St. John Parks & Recreation Department is a Cooperating member.

BABYSITTING CLASS

Learn proper skills of childcare, gain self-confidence, and learn basic first aid, how to handle phones, emergencies, and what is necessary to do a good and safe job while babysitting. Be more responsible for those you care for. Materials are provided for future reference. This popular class is for boys and girls in charge of younger children.

AGES: 9 to 14 years
 DATES: Sept. 22
 DAYS: Saturday
 TIME: 8 am to Noon
 SITE: Park & Recreation Office
 9350 Hack Street,
 Bldg. #2 [Back building]

MIN/MAX: 8/20
 FEE: \$12 St. John residents
 \$15 non-residents

Students can bring drink and small snack

BOOBASH

AT PRAIRIE WEST PARK

SATURDAY, OCTOBER 27

Open 10am to Noon

Ghosts, witches, super heroes, princesses, moms, dads, grandmas and grandpas; come and join our BooBash. Beginning at 10am, check in at the pavilion for treats and pumpkin patch pass; pick out your own pumpkin and enjoy a fall day with the kids. Train rides and games for added fun! Kids can wear your costumes [adults can dress also]. Bring your camera and take your BooBash Photo in the park. Come and join us for this autumn tradition!

ALL PARTICIPANTS AGES 2 TO 6, MUST PRE-REGISTER BY DEADLINE: Friday, October 19 at the Clerk Treasure's Office in order to receive a goody bag and pumpkin. **NO** onsite registration will be taken! There is no fee for this program:

ST. JOHN RESIDENTS ONLY!
MAXIMUM: 250 KIDS



ST. JOHN PARK & RECREATION 2018 FALL PROGRAM GUIDE

REGISTRATION INFORMATION

Registration for all programs (unless listed) is at the Town Clerk Treasurers office at 10955 W. 93rd Ave. during regular office hours. Monday – Friday; 8am to 4pm. Registration forms can be downloaded from the town website and mailed. Checks can be made payable to: Town of St. John.

Sorry...No credit cards.



Parks and Recreation

CONTACT INFORMATION

Office Hours: M-F 7:30am to 3pm
 St. John Parks and Recreation Department
 9350 Hack Street Bldg. #2
 St. John, Indiana 46373
 Web Site: www.stjohnin.com

Voice: 219-365-6236 Fax: 219-558-2032

Chip Sobek, Superintendent

Email: csobek@stjohnin.com

SPECIAL NOTES:

NO REFUNDS

IDENTIFICATION: Some programs require proof of residency.

PHOTO POLICY: Photos are often taken at events and programs for publicity. You must accept this possibility.

MINIMUM PARTICIPATION is required for each program. Those programs not meeting these minimums will be canceled.

LIABILITY WAIVERS are included on the registration form. These must be signed to attend a program.

YOGA-YOGA-YOGA Adult Yoga Classes

Yoga for Adults ages 16 and older held at the recreation office 9350 Hack St.



6-week sessions fees ALL

CLASSES:

St. John Resident: \$48
Non-resident: Add \$5

Bring a mat, towel and water

VINYASA YOGA

Certified instructor Lisa Knott

Flow and Let Go will stretch you out, create space in the body and leave you feeling blissfully awake. Warm up, get the heart pumping and the blood moving, play, explore and create, then stretch out and slip into a long, relaxing Savasana. You will reawaken with a fresh outlook, mind, body and spirit.

2 SEPARATE NIGHTS

DAYS: Monday Oct. 1 to Nov. 5
DATES: Wednesdays Oct. 3 to Nov. 7
TIMES: 5:30pm to 6:30pm
MIN/MAX: 5/18

NOTE: \$6 OFF: SIGN UP BOTH DAYS

GENTLE YOGA

Advanced Certified and Adaptive Yoga Specialist Tracy Caracciolo

Reduce pain, increase mobility and relax strained muscles with this slower paced yoga class designed for all body types, abilities and ages. Practice modified and supported yoga poses with a focus on body awareness, improved posture and better balance. Learn how to bring yoga into your daily life with short, easy and effective movements that can be practiced in between classes for greater results. Questions? Call Tracy at 815-354-5552.

DATES: Sept. 11 to Oct. 23
[No class 10/2]
Oct. 30 to Dec. 11
[No class 11/6]
DAY: Tuesdays
TIME: 7pm to 8:15pm
MIN/MAX: 5/10

INTRO TO YOGA

Advanced Certified and Adaptive Yoga Specialist Tracy Caracciolo

This progressive 6-week series designed to introduce new students to the many benefits of yoga including increased flexibility, strength and a body awareness in a safe, fun and caring environment. You will learn basic yoga postures, simple breathing techniques, and some yogic philosophy. Postures are broken down so you can learn correct alignment and modifications specific to your individual concerns. Each class builds upon each other. This class is recommended for health beginner and those who may have taken yoga before, but want to focus on building strong and safe foundations. Questions? Call Tracy at 815-354-5552

DATES: August 30 to Oct. 11
[No class 9/27]
November 1 to Dec. 13
[No Class 11/ 22]
DAY: Thursdays
TIME: 7pm to 8:15pm
MIN/MAX: 5/10

MONTHLY CPR CLASSES

American heart Association

Support for Healthcare Providers: Basic Life Support training reinforces healthcare professionals' understanding of the importance of early CPR and defibrillation, basic steps of performing CPR, relieving choking, and using an AED; and the role of each link in the Chain of Survival.

Space is limited

To register for class or additional information, visit the St. John Town website: www.stjohnin.com
Classes 2nd Saturday each month
\$20 fee payable to St. John Volunteer Fire Department held in St. John Public Safety Bldg.



**St. John Trick
or Treat Hours
Wednesday,
October 31: 5-7 pm**

CROWN POINT AEROMODELERS FLOAT FLY IN AT LAKE HILLS PARK



Come out and watch model airplanes fly above the lake and make pin point landings in the water. Admission is free and the event is a great place to bring a lunch and enjoy at fall afternoon. Flights scheduled for September 22 and 23. For more information: call Ron at 219-756-1232.

ST. JOHN FARMERS MARKET Sundays through October 28

Located at Community Outpatient Center
9660 Wicker Avenue

For vendor information, call Melissa at 219-224-9748

The hours of operation are 8am to 1pm.

MEETING NOTICE

The Town of St. John, Lake County, Indiana will be holding a public meeting on September 13, 2018 at 6:00pm. The meeting will be held at the Town of St. John, Town Hall, in the public meeting room, located at 10955 W. 93rd Avenue, St. John, Indiana. The purpose of the meeting will be to obtain input from the residents of St. John and the public regarding the draft Park and Recreation Master Plan.

BIKE AND WALKING TRAILS

Enjoy the bike and walking trails at Lake Hills, Homestead and Heartland Parks. Over 5 miles of paved trails. Take time to visit your park and enjoy a fall walk on the nearly five miles of paved trails. Soak in the sunshine, bring the family or bring a friend!

